

## **Dr Poonam Lakra**



### **Personal Data**

Name: Dr Poonam Lakra  
College Aditi Mahavidyalaya, University of Delhi  
Present Position Associate Professor in Nutrition and Health Education  
Email id: poonam03lakra@yahoo.com  
Mobile: 9811168779

### **Education Qualifications**

- B Sc Home Science from Lady Irwin College (University of Delhi) in the year 1988.
- M Sc (Food and Nutrition) from CCSHAU Hisar in the year 1990
- Ph D (Food and Nutrition) from CCSHAU Hisar in the year 1994
- NET Qualified-1996

### **Teaching Experience**

- 25 years
- Teaching in Nutrition and Health Education Discipline (Home Science Department) since Feb 1996

### **Research Publications in Journals**

#### **International Journals**

1. Gahlawat, P and Sehgal S. 1992. Phytic Acid, Saponins and Polyphenols in Weaning Food Prepared from Oven Heated Green Gram & Cereals. Cereal Chemistry Vol.69(4): 463-464. ISSN 0009-0352

2. Gahlawat, P. and Sehgal, S 1992. Formulation and Nutritional Value of Home-Made Weaning Foods, Nutrition Research Vol.12.1171-1180. ISSN 0271-5317
3. Gahlawat, P. and Sehgal, S. 1993. The influence of Roasting and Malting on the Total and Extractable Mineral Contents of Human Weaning Mixtures Prepared from Indian Raw Material. Food Chemistry 46,253-256. ISSN 0308-8146
4. Gahlawat, P and Sehgal, S. 1993. Anti-Nutritional Content of Developed Weaning Foods as Affected by Domestic Processing, Food Chemistry 47,333-336. ISSN 0308-8146
5. Gahlawat, P and Sehgal, S. 1994. Protein and Starch Digestibility and Iron Availability in Developed Weaning Foods as affected By Roasting. Journal of Human Nutrition and Dietetics. 7,121-126. ISSN 0952-3871
6. Gahlawat, P and Sehgal, S. 1994. Shelf Life of Weaning Foods Developed from Locally available Foods Stuffs, Plant Foods for Human Nutrition. 45.349-355. ISSN 0921-9668
7. Gahlawat, P and Sehgal, S. 1994 In-Vitro Starch and Protein Digestibility and Iron Availability in Weaning Foods as affected by Processing Methods. Plant Foods for Human Nutrition. 45: 165-173. ISSN 0921-9668
8. Gahlawat, P and Sehgal, S. 1994. Protein Quality of Weaning Foods based on Locally available Cereal and Pulse Combination. Plant Foods for Human Nutrition. 46: 245-253. ISSN 0921-9668
9. Gahlawat, P and Sehgal, S. 1995. Improvement in HCL- Extractability of Minerals in Homemade Weaning Foods. Plant Foods for Human Nutrition, 47,173-179. ISSN 0921-9668
10. Gahlawat, P and Sehgal, S. 1998. Protein and Starch Digestibilities and Mineral Availability of Products Developed from Potato, Soy and Corn Flour. Plant Foods for Human Nutrition. 52(2): 151-160. ISSN 0921-9668
11. Lakra, P. and Sehgal, S. 2009. "Anti-nutritional Content of Products Developed from Potato Flour." Nutrition and Food Science. Vol 39, 636-642.ISSN 0034-6659.

### **Indian Journals**

1. Lakra.P. and Sehgal, S. 2005. "Effect of Processing on Anti-Nutritional Contents of Products Development from Potato Flour, Defatted Soy Flour and Maize Flour". Indian Journal of Nutrition and Dietetics. 42,542-549. ISSN 0022-3174

2. Lakra, P. and Sehgal, S. 2011. "Influence of Processing on Total and Extractable Mineral Content of Products Prepared from Potato Flour." Journal of Food Science and Technology. Vol 48,735-739.ISSN 0022-1155 (Print Version) ISSN:0975-8402 (Electronic Version)
3. Lakra, P and Gahlawat, I. N. 2015. "Prospective phytochemicals for alleviation of different chronic ailments." Integrated Journal of Social Sciences. Vol 2(1), 36-39. ISSN 2348-0874.
4. Lakra, P and Gahlawat, I. N. 2016. "The role of nutrition in the immune system functions." Integrated Journal of Social Sciences. Vol 3(1), 30-33. ISSN 2348-0874.
5. Gahlawat, I. N. and Lakra, P. 2017. "Contextual implicit role of PROBIOTICS in improving human health. Journal of integrated Science and Technology. Vol 5(2), 50-53. ISSN 2321-4635.
6. Wadhwa, M., Gahlawat, I. N. Lakra, P and Nischal, S. 2018. Children's questions in science classroom: A potential source of learning. Integrated Journal of Social Sciences. Vol 5(1), 41-46. ISSN 2348-0874.
7. Lakra, P., Sehgal, S., Gahlawat, I.N., Dabas, M.W.N. 2018. "Use of products developed from potato flour, defatted soy flour and corn flour in combating malnutrition" Integrated Journal of Social Sciences. Vol 5(1),47-50. ISSN 2348-0874.
8. Gahlawat, I. N., Lakra, P, Singh, J and Chikkara, B.S. "Developmental and histochemical studies on carposporophyte of *Solieria robusta* (Greville) Kylin Solieriaceae, Gigartinales) from Port Okha, India." Journal of integrated science and technology. 8(2), 12-20. ISSN 2321-4635.
9. Lakra, P and Sehgal, S. 2019. "Potato Flour Products-Protein and Starch Digestibilities and Mineral Availability" The Indian Journal of Nutrition and Dietetics. Vol 56(2), 135-144. ISSN 0022-3174.
10. Nashier, I. and Lakra, P." Global climate change and its effects" 2020. Integrated Journal of Social Sciences. Vol 7(1), 14-23. ISSN 2348-0874.
11. Lakra, P., Sehgal, S. and Gahlawat, IN. 2020 "Effect of processing on total and extractable mineral content of products developed using potato flour, defatted soy flour and corn flour" Journal of integrated science and technology. Vol 8(1), 6-11. ISSN 2321-4635.

### **Conference Proceeding Publications**

- Lakra, P. "Nutrition for the elderly". 2015. Issues and concerns of elderly people in India. Book Age Publications. pp371-6. ISBN: 978-93-83281-51-0
- Lakra, P. Sustainable development - its goal and strategies. 2017. Proceedings of National Conference. pubs.iscience.in

### **Books Publications**

#### **As Author:**

- Lakra, P (2006). "365 days of Health", Brijbasi Art Press.ISBN No 81-8385-2084

### **As Co-author:**

- Poonam Lakra and Mansi Dass (2008) “Text book of Nutrition and Health”, Academic Excellence. ISBN No 978-81-8990156-1
- Jain, P et al (2007) “Poshan va Swasthya Ke Mool Sidhant”, Academic Pratibha. ISBN No 81-904240-7-6
- Punita Sethi and Poonam Lakra (2014) “Aahar Vigyan, Suraksha avam Poshan” Elite Publication. ISBN No 978-81-88901-60-9.

### **Editorial Board:**

As a member on the editorial board of International Journal of Food, Agriculture and Veterinary Sciences since 2011.

### **Refresher/Orientation Courses Attended**

1. UGC Sponsored Orientation Course (OR-38) conducted by Centre Professional Development Higher Education, University of Delhi, from March 14 to April 10, 2002.
2. UGC Sponsored Orientation Course at Centre for Professional Development in Higher Education, University of Delhi, from April 5 to May 3, 2004.
3. UGC Refresher Course Women’s Studies Centre for Professional Development in Higher Education, University of Delhi, from Jan 10 to Feb 1, 2005.

### **Association with Professional Bodies:**

- Life membership of Indian Dietetic Association
- Life membership of Nutrition Society of India
- Food Safety trainer in FOSTAC

### **Curriculum Development**

- Involved actively in curriculum development of BA(Prog) Nutrition and Health Education
- Worked as coordinator for three papers for revision of syllabus under DU-LOCF 2019 for BA(Prog) with Nutrition and Health Education.

### **Special Lectures**

- Delivered special lecture on “Role of Pearl millet in health” on 8 October, 2003 during the National Seminar on Processing and Utilization of millet for nutrition security held at HAU Hisar on 7-8 October, 2003.
- Delivered special lecture on “Role of Pearl millet in health” on 8 October, 2003 during the National Seminar on Processing and Utilization of millet for nutrition security held at HAU Hisar on 7-8 October, 2003

## **Community Work**

- As a resource person delivered a talk on “Weaning Foods” on 6 September, 2012 during National Nutrition Week celebrations by Child Survival India.
- As a resource person delivered a talk on “Nutrition for elderly” on 4 September, 2013 during National Nutrition Week celebrations by Child Survival India.
- As a resource person delivered a talk on “Nutrition for adolescents” on 3 September, 2014 during National Nutrition Week celebrations by Child Survival India.
- As a resource person delivered a talk on “Nutrition for Pregnant and Lactating Women” on 5 September, 2014 during National Nutrition Week celebrations by Child Survival India.

## **Workshops, Conference, Seminars and Webinars attended**

- Attended the workshop for Nutritionists as a delegate in the “17 International Celiac Disease Symposium” on September, 2017, New Delhi, India.
- Participated in UGC sponsored National Conference on “Recent advances in chemical sciences towards green and sustainable environment: Swachh Bharat Abhiyan Perspective” organized by Aditi Mahavidyalaya on October, 10-11, 2017.
- Participated in UGC sponsored National Conference on “Revamping Higher Education for Girls in India by Exploring Possibilities through Traditional and Innovative Teaching Techniques- Beti Bacho Beti Padho Perspective” organized by Aditi Mahavidyalaya on August 28, 2019 at CPDHE, University of Delhi.
- Participated in one day National Seminar “Food and Culture of North East- Solutions to sustainable Development” organized by Vivekananda College on August 29, 2019.
- Participated in Conference on “Promoting Food and Nutrition for Health and well being” jointly organized by Institute of Home Economics, University of Delhi and Nutrition Society of India, Delhi Chapter on March 15, 2019.
- Participated in an E-International Conference organized by IQAC, Aditi Mahavidyalaya (University of Delhi) on April 14, 2020.
- Participated in Webinar, “Psychology of food choices, Food purchase and eating behaviour” on 27 April 2020 by Department of Food Technology, Shyama Prasad Mukherji College for Women, University Of Delhi, India.
- Participated in E -Workshop on “Smart Phone Film Making and Usage of Free Tools” organized by Apeejay Institute of Mass Communication in collaboration with Aditi mahavidyalaya IQAC, University of Delhi on May 8, 2020.
- Participated in “One day national seminar on Moodle” on 13 June 2020, organized by Whitecode in association with Research Centre for English Language and Literature.

## **Skills Achieved**

- Completed the short term course in “E-contents/ MOOCs Development and Delivery” conducted by the CPDHE, UGC-HRDC, University of Delhi during 15 May to 17 May 2020.
- Completed Two Week Online Workshop on “Comprehensive e-Learning to e-Training guide for Administrative work” organized by Teaching Learning Centre, Ramanujan College, University of Delhi from May 25 -June 05, 2020.
- Completed One Week Faculty Development Programme on “Open Source Tools for Research” organized by Teaching Learning Centre, Ramanujan College, University of Delhi from June 8-June 14, 2020.
- Attended the Faculty Development Programme (FDP) on the topic "Role of LaTeX in Scientific Writing" organized by Department of Mathematics, Babu Banarasi Das Northern India Institute of Technology, Lucknow from June 19 to 21, 2020.
- Participated in one day online workshop on “Online Teaching with MOODLE” organized by Department of Education and Education Technology, School of Social Science, University of Hyderabad held on 17 June, 2020.
- Completed Two-week faculty development Programme on “Advanced concepts for developing moocs” organized by Teaching Learning Centre, Ramanujan College, University of Delhi from July 02-July 17, 2020.

## **Administrative responsibilities**

- Staff Council Secretary (2003-05)
- Convenor Workload and Time table committee (2003-04)
- Teacher Representative on governing body (2003-04, 2020)
- Convenor Examination Committee (2013-14)
- Convenor Library Committee (2015-16)
- Convenor Provident fund Committee (2019-20)
- NAAC Coordinator (2016-17)
- Teacher In charge of Home Science department (2015-16, 2017-18(odd Semester), 2019-20)

## **Additional Achievements**

- As reviewer reviewed many research papers to be published in reputed Journals.
- Delivered special lectures on nutrition in DMRC.

- Member of committee of courses for Nutrition and Health Education discipline in Home Science Department (2015-17)
- Member of Faculty of science (2016-2019).
- External expert in the panel for selection for assistant professor in CCSHAU Hisar.